

Capilano Elementary

Weekly Reminders – February 02, 2023



IMPORTANT INFORMATION



Is your child feeling unwell? Reminder to keep your child at home if they are feeling unwell. Please refer to the NVSD website below for Personal Practices and Health Awareness information.

[Personal Practices and Health Awareness - North Vancouver School District \(sd44.ca\)](https://www.sd44.ca)

Another Helpful Resource: [Home | Sneezes + Diseases](#)

Please see pages 3 & 4 below for the latest health updates from Vancouver Coastal Health on...

- Parent information sheet... **When to keep sick kids at home** (page 3)
- New COVID/Flu prevention posters... **Feeling sick?** (page 4)

Attendance – Is your student leaving early, arriving late, or going to be absent? There are 3 ways to let the office know...

1. email capilano@sd44.ca
2. use the [SafeArrival](#) system, or
3. call (604) 903-3370, press '2' at any time to reach the absent line **leaving a message is the preferred method when calling, the office is extra busy in the mornings during attendance.*

Please provide the first and last name of your student, grade, and division, if known. It is always a good idea to let your student's classroom teacher know, however the office enters excused absences.

PAC INFORMATION

--- **NEXT PAC MEETING** – February 7th @ 7pm

--- **HOT LUNCH ORDERING** (last hot lunch day is March 3rd) to order [Capilano \(munchalunch.com\)](https://munchalunch.com)

Contact capilanofood@gmail.com for hot lunch inquiries & if your student is away on a day they ordered hot lunch.

****Please remember to send utensils – the office does NOT have single use cutlery!!**

--- **GRADE 7 FUNDRAISING** - to order Booster Juice & Popcorn [Capilano \(munchalunch.com\)](https://munchalunch.com)

Feb 14 Grad 7 Fundraiser: **Popcorn**

Feb 28 Grad 7 Fundraiser: **Booster Juice**

Contact capilanograds@gmail.com for questions about ordering Booster Juice, Popcorn & if your student is away on a day they ordered these items.

--- **CAPILANO HOODIE SPIRIT WEAR** – to order [Capilano \(munchalunch.com\)](https://munchalunch.com)

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IMPORTANT DATES

FEBRUARY

- FEB 07 -** PAC Meeting 7pm
- FEB 16 -** Lockdown Drill
- FEB 17 -** District Wide Non-Instructional Day - **Classes NOT in session**
- FEB 20 -** **BC FAMILY Day – No SCHOOL**
- FEB 22 -** Pink Shirt Day
- FEB 27 -** 2023/2024 Academies Registration Closes
- FEB 28 -** 2023/2024 Band & Strings Registration Closes

MARCH

- MAR 03 -** **Priority Placement - new registration/transfer requests ENDS**
- MAR 07 -** PAC Meeting 7pm
- MAR 08 -** **Term 02 Report Cards Published**
- MAR 10 -** Last day of classes before Spring BREAK
- MAR 13-24** **SPRING BREAK – No SCHOOL**
- MAR 27 -** School resumes

...continued on page 3 & 4

WHEN SHOULD I KEEP MY SICK CHILD HOME FROM SCHOOL?

Things to consider if your child feels unwell:

1. The wellbeing of your child. Without proper rest, a child may have a hard time fighting an illness or be at risk for other illnesses.
2. The ability of your child to actively take part and learn at school.
3. The school staff cannot care for a sick child and give them the support that they may need.
4. The protection of other children.

Please keep your child home if they:

- Have a fever.
- Are too sick to take part in all normal school activities.
- Have a suspected or known communicable disease (i.e. strep throat, chicken pox, measles).
- Is vomiting or has diarrhea. It is recommended that students be symptom free at least 24 hours before returning to school.

Keep your child home until they are able to participate fully in normal school activities or as told by a health care provider.

Please let the school know your child's symptoms, as per the school's call back procedures.

If the school finds it necessary to send your child home because of illness, please make sure you have arranged an emergency contact if you are not available. Inform your school of these arrangements.

Where can I find more information?

- Health Link BC – By calling 8-1-1, you can speak to a health service navigator, who can help you find information and services, or connect you with a health professional. You can also find information online at <https://www.healthlinkbc.ca>
- Sneezes and Diseases – online at <https://sneezesdiseases.com/>
- BCCDC – online at [Schools \(bccdc.ca\)](https://schools.bccdc.ca)
- VCH – online at [Children, youth & schools - Vancouver Coastal Health \(vch.ca\)](https://children.youthandschools.vch.ca)

Feeling sick? Stop the spread

Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well – no matter what virus you have – help stop the spread.



Illustration: Shoshannah Greene

Keep up to date with your vaccines.

Check with your healthcare provider for more information.

